

SATISFACTION WITH LIFE SCALE

DIRECTIONS: Below are some questions about how you like your present life. Put an X through the words that best reflect your feelings about your life at this time.

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| 1. How much do you like the place where you live? (today) | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 2. How satisfied are you with the amount of privacy you have in your current living situation? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 3. How satisfied are you with the amount of space you have in your current living situation? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 4. How much do you like the food you usually eat? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 5. How satisfied are you with the way you spend your evenings and weekends? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 6. How satisfied are you with the number of friends you have? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 7. Do you feel as close to your friends as you would like to be? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 8. How satisfied are you with the kind and amount of contact you have with the opposite sex? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 9. How satisfied are you with your current social life? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 10. How satisfied are you with the kinds of relationships you have with the members of your family? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |

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(2)

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| 11. How satisfied are you with the way you spend your days? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 12. How satisfied are you with the kind of work that you do? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 13. Do you feel that you are working as much as you would like? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 14. How satisfied are you with your current psychological condition? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 15. How satisfied are you with your present life? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 16. How satisfied are you with yourself on the whole? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |
| 17. Do you feel you get as much enjoyment from life as most people do? | DEFINITELY NO | SOMEWHAT | AVERAGE, OK | A LOT | DEFINITELY YES |
| 18. Do you feel that you have as much freedom as you want? | NOT AT ALL | VERY LITTLE | AVERAGE, OK | A LOT | A GREAT DEAL |